

عنوان مقاله:

the study of different risk factors in breast Cancer

محل انتشار:

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خلاصه مقاله:

Breast cancer is the most common cancer in women worldwide and according to official statistics; every year more than 1.6 million people worldwide are diagnosed with breast cancer. This is responsible for 33% of female cancers and 19% of deaths related to cancer. The incidence of breast cancer is increasing in the developing world due to increase life expectancy, increase urbanization and adoption of western lifestyles. In our country, the figure of 10 thousand people in it in a year. What important is growing trend of breast cancer in our country as, the age of the disease among our women 10 - 15 years is lower than the age average of worldwide .Thus, prevention and or early detection of the disease has specific importance. The purpose: The objective of this paper is to review and know different factors which are related to breast cancer Methodology and kind of study: It is a kind of Meta analysis study. By searching from foreign and national valid websites and literatures, the researches about different factors which are related to breast cancer have reviewed. Results: According to the risk factors of the disease, it seems that correction of changeable risk factors can have main role in prevention and early detection of breast cancer. Having a healthy life style such as having balanced weight, doing regular exercise, limiting or avoiding intake of alcohol, having a healthy diet which is rich in vegetables, fruit, poultry, fish, and low-fat dairy products can be effective in a lower risk of breast cancer. Also, doing regular screening such as monthly breast self exam, clinical breast exam by a specialist and mammogram will affect on prevention and reduction of risk factors. Discussion and conclusion: There is no certain way for prevention of breast cancer, but there are a lot of actions that all women can do in order to reduce the risk and increase the chance of faster detecting of the disease in first stages. These are included: 1- To correct changeable risk factors such as: change of life style and doing regular and on time breast screening 2- Genetic testing in special cases. 3- Preventive (prophylactic) mastectomy for women with very high breast cancer risk 4- To use some drugs which blocks the effect of estrogen on breast tissue such as tamoxifen and raloxifene , estrogen receptor down-regulator drugs such as fulvestrant and aromatase inhibitors drugs which work by blocking the production of small amounts of estrogen (breast cancer chemo prevention) 5- Prophylactic oophorectomy

کلمات کلیدی:

Breast cancer – Risk factors - prevention – Breast screening

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